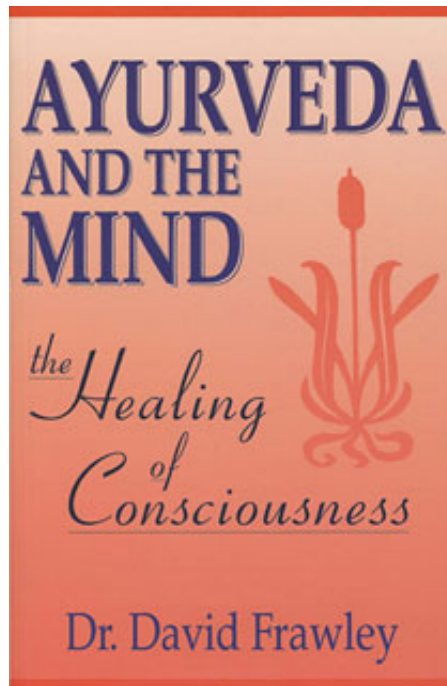


David Frawley
Ayurveda and the Mind - The Healing of
Consciousness

Reading excerpt

[Ayurveda and the Mind - The Healing of Consciousness](#)
of [David Frawley](#)

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PREFACE

Ayurveda is the extraordinary mind-body medicine of India with its great yogic spiritual tradition, a tremendous resource for bringing wholeness to all levels of our existence. It is one of the world's oldest and most complete systems of natural healing, containing great wisdom for all humanity that all of us should know.

The present volume examines the psychological aspect of Ayurveda, which is probably the most important part of the system and the least understood. This book goes into the Ayurvedic view of the mind and its relationship with both body and spirit, which is profound and intricate. It outlines a comprehensive Ayurvedic treatment for the mind, both for promoting health and for dealing with disease, using diverse methods from diet to meditation.

These teachings derive from classical Ayurvedic texts, which commonly contain sections on the mind and its treatment. They also relate to yogic teachings, from which Ayurveda derives its view of consciousness and many of its modalities for treating the mind. However, I have not only examined the traditional psychological teachings of Ayurveda, I have also tried to make them relevant to the modern world. Ayurveda, as the science of life, is not a frozen science but one that grows with the movement of life itself, of which it partakes.

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Plan of the Book

This book does not require that the reader possess prior knowledge of Ayurveda, though this is certainly helpful. It introduces the basic factors of Ayurveda, like the biological humors (doshas), particularly as related to psychology. On this foundation, however, the book does go deeply into its subject. It aims at providing the reader with sufficient knowledge to use the information and techniques of Ayurveda to improve his or her own life and consciousness on all levels. It is not simply introductory in nature and should be relevant to psychologists and therapists as well. I am not going to apologize for producing a more technical book on Ayurveda than the beginning reader might understand. There are already a number of introductory books on Ayurveda that can be examined for those who require this. Now there is a need for more advanced books to unfold this important subject further. Something of the depths of Ayurveda needs to be revealed to complement the general introductions now available.

This book is divided into four sections, followed by an appendix:

- Part I. Ayurvedic Psychology: Yogic Mind-Body Medicine
- Part II. The Energetics of Consciousness
- Part III. Ayurvedic Therapies for the Mind
- Part IV. Spiritual Applications of Ayurvedic Psychology: The Paths of Yoga
- Appendices

The first section explains the Ayurvedic view of the mind and body and how they function. It begins with the basic material of the three gunas (Sattva, Rajas and Tamas), the three biological humors (Vata, Pitta and Kapha), and

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the five elements (earth, water, fire, air and ether), showing their relationship with the mind. It also explores the nature and functions of the mind in a general way from an Ayurvedic perspective.

The second section continues with an in-depth examination of the different functions of awareness through consciousness, intelligence, mind, ego and self. This presents a deeper and more detailed understanding of the mind than in modern psychology, examining all layers of the mind from the subconscious to the superconscious.

In the third section of the book, we examine various Ayurvedic therapies for the mind. These begin with Ayurvedic counseling methods and the Ayurvedic view of how to treat the mind. Therapies are twofold: outer and inner. Outer therapies are linked with physical modalities like diet, herbs and massage. Inner therapies work through impressions and consist mainly of color, aroma and mantra therapies.

The fourth section of the book deals with spiritual and yogic practices from an Ayurvedic and psychological perspective and summarizes and integrates all the therapies given in the previous section. This allows us to use the wisdom of Ayurveda not only for physical and mental health, but also for spiritual growth. The appendix contains various tables on the functions of the mind and their correspondences. Footnotes, glossaries, bibliography and index follow at the end.

The material in *Ayurveda and the Mind* reflects and builds on that presented in my previous books. There is a chapter on Ayurveda and the mind in my book *Ayurvedic Healing: A Comprehensive Guide*. The nature of consciousness, from a more spiritual and meditative perspective, is examined in *Beyond The Mind*. The present volume falls in

between these two books. It has points in common with *Tantric Yoga and the Wisdom Goddesses: Spiritual Secrets of Ayurveda*, which deals with the chakras and the energetics of the subtle body. The reader can look into these books for more information on the greater system of which this book is but a part.

It is my wish that this book will stimulate more research into the psychological side of Ayurveda and its interface with the science of Yoga. This will add an important new dimension in health and human understanding for the coming century.

May the minds of all beings find peace!

May all the worlds find peace!

Dr. David Frawley

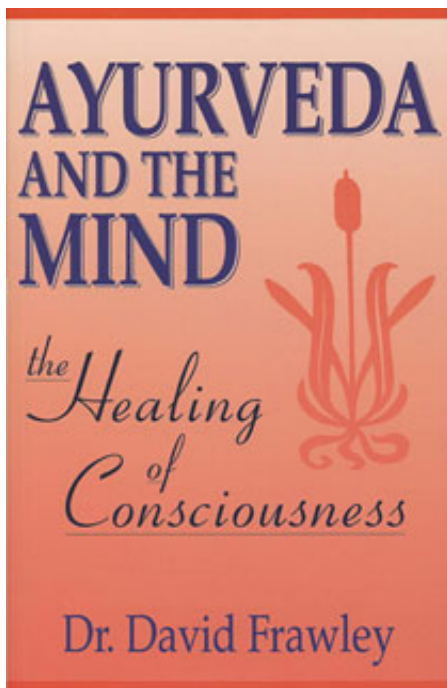
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